









IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD AND  
SEEING THINGS FROM HIS  
OR HER POINT OF VIEW.

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# Talking about your thoughts on deployment

Talk with your children.

-  Tell them what you can about the deployment and encourage them to share their feelings through talk, drawings, play, etc.
-  Listen sensitively to your children, letting them know you are interested and ready to hear all they have to say.
-  Realize that your children may feel and display a variety of emotions during this time. These include sadness, loneliness, anger, depression, loss, fear, and happiness.
-  Let your children know that it is okay to say whatever they are feeling about the parent who is leaving.
-  Let your children know that other children share similar feelings about their parent's deploying.
-  Tell your children that the parent is leaving because he or she is doing a special job for our country.

Reassure your children.

-  Tell your children they are safe while the deployed parent is away.
-  Remind them that you have managed before during times of separation, if the parent has been deployed in the past.
-  Help your children stay in touch with the deployed parent through letters, phone calls, e-mails, etc.
-  Remind them that the deploying parent loves them and will be counting down the days to be with them!